

NNSY Callaghan Fitness Center presents the

# 18th Annual Military All Natural and 1st Annual Military & DoD Open BODYBUILDING CHAMPIONSHIPS

"A Salute to The USA"

**FREE  
ADMISSION  
FOR  
SPECTATORS!**

**Judging begins at 4 p.m.**

Military All Natural  
this contest is Open to active duty,  
reservists, retirees and family  
members 18 years and up.

Military & DoD Open  
this contest is open to  
all listed above and  
all active Department  
of Defense employees.

**Saturday, October 6, 2007  
at the Drydock Club,  
Scott Center Annex**



**vitaminwater**

*Life Fitness*  
Life Fitness will donate  
two Life Cycles for the male  
and female winners in  
the all military show.

Entry form, directions and schedule of events on reverse side.



# Norfolk Naval Shipyard 18th Annual Military All Natural and 1st Annual Military & DoD Open Bodybuilding Championships Saturday, October 6, 2007

## CATEGORIES & AWARDS

### Military

- \* 1st through 5th - Women's Novice
- \* 1st through 5th - Women's Masters: 35 years & up
- \* 1st through 5th - Women's Open
- \* 1st through 5th - Young Men: 22 years & under
- \* 1st through 5th - Men's Novice
- \* 1st through 5th - Men's Masters: 35 to 44 years & 45 years & up
- \* 1st through 5th - Men's Open
- \* Overall Champion - Men & Women



For more  
information, call  
Jackie Stiffler,  
NNSY Fitness  
Coordinator  
(757) 396-2756 or  
393-2959.

### Military /DoD Open

- \* 1st through 5th - Couples
- \* 1st through 3rd - Women's Masters: 35 years & up
- \* 1st through 5th - Women's Open
- \* 1st through 3rd - Men's Masters: 35 to 44 years & 45 years & up
- \* 1st through 5th - Men's Open
- \* Overall Champion - Men & Women
- \* 1st through 3rd - Team Competition (3 or more to a team)
- \* Best Poser - Male & Female

**Judging begins  
at 4 p.m.**

NASF registration is required. Call Bob Crist  
at (757) 851-6394 for more information.

## RULES

1. NASF outfit rules - Men: One piece, one solid color trunks. Women: Two piece, one solid color, no decorations, flowers or jewelry.
2. Contestants must supply two copies of their individual posing music, tape or CD recorded on side one for a maximum of 60 seconds. Please pay close attention to these music titles as it is to your advantage to have good music. Couples have from 90 to 180 seconds.
3. The contest director reserves the right to separate or combine height classes to ensure good competition.
4. NASF bodybuilding rules and regulations will apply.
5. Contest director reserves the right to limit the amount of cross-overs (\$15 fee).
6. Participants must sign a statement indicating that they have been drug free for at least one year prior to the contest.

ADMISSION: FREE for spectators.

Coach's Pass - \$5, one coach per athlete.

## SCHEDULE

10:30 a.m. to noon - NASF registration for contestants  
Noon - Contestants briefing, music turned in, numbers issued  
3:30 p.m. - Contestants check in  
4 p.m. - Evening show (live judging)

DIRECTIONS - Coming from 64 (East or West) - Take 264 West (Norfolk Portsmouth).

Once on 264, stay in the center lane and follow signs for Portsmouth / Downtown Tunnel.

Once through the tunnel, take the Fredrick Blvd. exit and continue to route 17 South.

Make a left on George Washington Highway and your immediate right at first traffic light onto Andrews St. (Scott Center Annex).

Call (757) 396-2754/2756 for more information.

## NNSY 18TH Annual Bodybuilding all Natural and 1st Annual Military/DoD Contest Official Entry Form - October 6, 2007

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (Day) \_\_\_\_\_ Phone (Night) \_\_\_\_\_  
Sex (Check one) Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_  
Email Address \_\_\_\_\_  
Team Name \_\_\_\_\_

### Military Category:

Entered (Circle all that apply) - Young Men    Mens Novice    Mens Open  
Mens Masters    Womens Open    Womens Masters    Womens Novice

Entry fees: Military \$30 per contestant and per couple (\$40 if postmarked after September 14th) and \$15 for each cross-over.

Please make checks payable to **MWR FUND**.

### Military/DoD Category:

Entered (Circle all that apply) - Couples    Womens Masters    Womens Open    Mens Masters    Mens Open

Entry fees: Military \$50 per person (pre registration only by September 14, 2007) Limited to the first 25 to register. Post mark no later than September 14 and \$15 for each cross-over.

Please make checks payable to **MWR FUND**.

In consideration of acceptance of this entry, I, the below signed, intending to be legally bound for myself, my heirs, executors and administrators waive and release all rights and claims for damages and personal injury that I may have against the Norfolk Naval Shipyard and any other persons and all sponsors, organizers, their representatives and successors and assign for any and all injuries suffered by me in traveling to, performing in and traveling from said event. I verify that I am physically fit and have sufficiently trained for this event and my condition has been verified by a licensed medical doctor.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(You must sign in order to participate in this event)